

VEGETARIAN KETO DIET



**THE SCIENCE AND ART OF
VEGETARIAN KETO DIET**

A Complete Beginner's Guide to Lose Weight Fast, Reset the Slow Metabolism, Cleanse the Body and Burn the Stubborn Fats.

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Vegetarian Keto Diet - The Science and Art of Vegetarian Keto Diet

A Complete Beginner's Guide to Lose Weight Fast, Reset the Slow Metabolism, Cleanse the Body, and Burn the Stubborn Fats

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Introduction

What is the Keto diet?

Diet and health fads come and go, grabbing the attention of the public with big promises; fast weight loss to better health to curing various medical problems. When it comes to the promise of weight loss, there's a plethora of choices online and in bookstores, from videos to podcasts to books.

From Atkins to South Beach, from Noom to Paleo to Keto, every diet works initially because when you follow it, you're making active choices and active changes. Before your diet begins, you've likely made room in your life for lifestyle changes, room in your mind for new ideas, and room in your pantry by clearing out all the foods you're not going to be eating on this program.

Once you start the diet, whether it's adherence to specific menus and foods or portion control, your awareness changes. Paying attention to all the details means most people's diets clean up.

In that regard, the Keto diet – or the Ketogenic Diet – is probably very close to other diets, but there are some differences with Keto. For one thing, many of its supporters don't hold out the idea that this is more of a lifestyle change than a diet. Keto isn't the easiest system in the world to follow, but it's effective at what it does.

What Keto really does is rev up the body's engine into a fat-burning machine. The principles are quite simple: Following the program means changing from a diet that takes a majority of its calories from carbohydrates, both simple and complex. On this diet, the majority of calories come from fats, and secondarily from protein.

There are different forms of the Keto diet. The standard form is a plan where fats make up 75 to 90 percent of the day's calories, with less than 10 percent of calories consumed coming from carbohydrates.

A targeted Keto diet allows you to determine when to eat your carbohydrates, so you can consume them right around the time you work out. This can give you extra energy or a better recovery after.

Some people do well with a cyclic Keto diet, where they spend one day a week eating healthy carbs and storing up that energy to use during the week. That's not a license to run for the doughnuts! It's just a day to relax the prohibition against more than 5 to 10 percent of your calories coming from carbs.

Or, you can play with the percentage of calories you get from fat and see what works best for you and your body. With this, you can find a personalized, unique approach to weight loss and fat burning.

That's the Keto diet in a nutshell, but there's more to it than that. As for vegetarians who avoid animal products and vegans who avoid products derived from animals like honey, the Keto diet can be challenging. The trouble is in both finding the right combination of fats and proteins to produce the ketosis that triggers the fat burning, and in finding enough to eat.

The Keto diet can help you remake your body in a much shorter amount of time than other diets, with significant weight loss included. But it won't just help you drop pounds. If properly followed, the Keto diet can help followers avoid foods that lead to inflammation, which has been shown to complicate and exacerbate conditions from diabetes to cancer.

Initial research also shows that the Keto diet can regulate blood sugar levels in diabetics and provide protection from conditions like Alzheimer's and Parkinson's. All from a diet that, while trending, has been around for more than 100 years and was initially developed for use in children whose epileptic seizures weren't being controlled by medication. To date, there have been no long-term studies on the weight loss effects of the Keto diet in humans. However, there's ample evidence of it being effective at least short term, as effective as other low-carbohydrate diets and more effective in some cases than the Mediterranean Diet.

One of the biggest problems with the Keto diet for the general public is the

amount of both saturated and unsaturated fats being consumed – when at least 90 percent of the day's calories come from fat, followers are eating fat at every meal.

For vegetarians and vegans, there's the added concern of that the diet limits the amount of vegetables that can be eaten and cuts out grains, which make up a large part of a plant-based diet. This can lead to deficiencies in micronutrients and in essential nutrients, those that need to come from food. In addition, those vegetarians and vegans using soy for a principal protein source may need to rethink that choice given recent news that soy, which contains isoflavones, which act like estrogens in the body, may contribute to breast cancer.

The chief benefit of the Keto diet in weight loss is that it replaces sugar (glucose) as the main fuel source for the body. Our bodies store sugar and fat, both, but sugar's the quick fix go to for energy. It takes longer for the body to tap into fat stores for energy, and it only does so after the sugar is depleted, either through long bouts of exercise or because there's no sugar being added by diet.

By limiting sources and amounts of sugar and starch – i.e., carbohydrates – and getting 90 percent of the day's calories from fat, the Keto diet leads the body to utilize fat sources for energy.

In this way, the Keto diet remakes your body into a fat-metabolizing machine and gives it an edge in avoiding foods that cause disease. It may be challenging for vegetarians and vegans to follow the plan, but it's worth the challenge.

What is Ketosis?

The Keto diet takes its name from ketones, which are small units of stored energy the body uses when it's first choice of stored sugar isn't available. The process of burning that energy is called ketosis. It's triggered by changing the diet, so the source of most calories consumed is fats, followed by protein, and last by carbohydrates.

The recommended foods include fatty fish, meat of all kinds, eggs and cheese, butter and cream, nuts and seeds, healthy oils like olive and coconut, avocados and leafy greens. The way this diet triggers weight loss is by limiting the availability of sugar (glucose) as the main energy source for the body. Once there's not enough sugar for the body to burn, it will turn to fats including stored adipose tissue (body fat) and burn that for energy. Burning fat equals weight

loss.

Diet and Lifestyle Changes

For individuals who choose to try Keto, it's effective in triggering weight loss. Like high-protein, low-carbohydrate diet, Keto steers clear of most processed foods, flours and grains, pasta and rice, legumes and starchy vegetables, and most fruits.

For vegetarians and vegans, that's a challenging recommendation. Pescatarians, vegetarians who eat fish as well as eggs and dairy, have the easiest time of it. Vegans who stay away from all animal products will have a harder time getting enough fat and protein in their diets. They can also find it difficult to get enough essential nutrients, including vitamins and minerals.

How long has the Keto diet been in existence?

While the trend of following an eating plan designed to trigger ketosis may be new, the Keto diet itself has been around for somewhere around 100 years. It's more than a trendy lifestyle and eating system. What's different about the Keto diet is that it's a medical diet. It has its roots in medicine, where it's been used to control epileptic seizures in children whose epilepsy proves resistant to medications rather than being used to control weight for the general population.

Dr. Atkins pioneered his high-protein, low-carbohydrate system in the 1970s, and it has routinely had resurgences in popularity. The first two weeks of the Atkins plan is a ketogenic diet, with carbs limited to under 20 percent of daily calorie intake, and the body being hopefully entering into ketosis or a fat burning state.

Chapter 1: The Science Behind the Keto Diet – How and Why Keto Works

The "Keto" in Keto diet stands for ketosis, meaning the diet brings about changes that cause the body to release ketones into the bloodstream. This is important because ketones are chemical compounds produced by the liver when the body doesn't have enough glucose to draw on for fuel and needs to turn to burning its stores of fat. Feeding our bodies is like charging a battery or putting fuel into a vehicle. The body metabolizes food and turns it into fuel.

The body's favorite go-to for fuel is sugar, because to your cells, it's cheap and

easy – readily available in our diets, especially when those diets are made up of 70 to 80 percent carbohydrates, and only the other 20 percent of calories are from fats and protein.

The problem with that kind of fat burning is that it's not really burning fat at all. It's burning off the stored sugar or glucose in the blood. So, with ordinary diet and exercise, it's possible to go on storing fat in the body and not touch that stored fat during exercise because the body has all the cheap energy it needs with the stored glucose. It's one of the reasons medical science is starting to state that exercise is good for a variety of reasons – physical, mental, and emotional health among them – but that the more important component in diet and exercise for weight loss is the diet itself.

Ketosis occurs when cells go looking for energy in the form of glucose and find those stores gone, because the diet has changed. At that point the body will turn to stored fat for energy, a process that usually begins to happen two to four days after making a change to a low-carbohydrate, high-protein, or high-fat diet. The low-carb category has a range, according to medical scientists, who place it anywhere from less than 50 grams a day to less than 20 grams a day.

The biggest benefit for most people who choose to go on the Keto diet, and the reason most of them do go on it, is weight loss. Ketosis, burning the body's stored fat, causes rapid weight loss. This can have a variety of benefits, including the fact that success at the beginning of a weight loss effort can make it easier to continue following the plan and losing weight.

Along with cosmetic benefits, losing weight can help you control blood pressure, improve blood cholesterol, normalize blood sugar levels, and reduce the risk of diabetes. Losing weight can also lower the risk of heart disease and take the strain off joints. While these are all positives, not all of the claims for Keto's success are backed up with long-term medical studies. Some studies have shown that blood cholesterol can climb at the beginning of the diet and decrease within a few months, but there's no long-term studies to show the effects of the Keto diet on cholesterol levels long-term in humans.

The Keto diet Causes Satiety

One of the benefits of the Keto diet is hunger suppression. One of the things that makes it so hard to succeed with a variety of diets is hunger. Appetite doesn't

decrease just because we choose to eat a healthier diet.

While following the Keto diet isn't an open invitation to run wild with the calorie count, neither is it a system that requires counting calories. Counting calories puts undue emphasis on what we eat and when we next get to do so. It focuses a lot of attention on eating. This can be very counterproductive to weight loss.

With the Keto diet, once the body is experiencing ketosis, the metabolism actually changes. Ketosis is all about breaking down fat stores to use as energy. When that happens, the appetite decreases naturally.

Want some more good news? At the same time your appetite decreases, so does the craving for sugary, starchy, carbohydrate-laden foods.

Satiety – the sensation of feeling full and satisfied after eating – is increased by the Keto diet as well. Fats and proteins are simply more satisfying and fill us up faster and longer than carbohydrates. Carbs tend to cause a spike in blood sugar, giving us a quick fix of energy followed by that familiar carb crash.

And there's more – ketones can increase the signals sent to the brain by leptin, a hormone produced by fat cells to regulate their storage. When that happens, the body's metabolism may not slow the same way it does after a certain amount of time on most diets. That means weight loss will continue for longer.

It also means fast weight loss that some people can maintain. One study in the UK randomly assigned 13 participants to the Keto diet and 13 to nutritional guidelines for healthy eating. It showed that low-carbohydrate diets are effective for weight loss in both people with diabetes and those without.

Because high-fat, low-carb diets affect blood sugar and insulin, individuals with diabetes can benefit from the diet. However, they need to proceed with caution and a doctor's guidance for determining how to change or even if to change their insulin levels. However, there have been no long-term human studies and no definitive proof showing that Keto can improve blood sugar levels for type 2 diabetics long-term.

One of the drawbacks, however, is that in order to get 90 percent of the day's calories in fat, the dieter needs to consume fat at every meal. The diet doesn't differentiate between saturated fats, like those in bacon, and healthy fats like olive oil. Because fruits and most vegetables are limited, it's possible for dieters

to face vitamin deficiencies.

Because ketosis happens when the liver metabolizes fat and the kidneys metabolizes protein, too much of either can be a strain on those organs. For those individuals with kidney disease, the diet could make the condition worse, because despite the fact that the majority of the calories consumed come from fats, there's still a significant amount that come from protein, which the kidneys then have to metabolize.

The Keto diet is difficult to follow in the long-term. A typical Western diet is heavy in carbohydrates, both simple and complex. Simple carbs are those found in fruit and dairy as well as in sugary foods and those with refined sugar and flour; they offer a quick hit of energy as their fuel source for the body burns fast and is often followed by an energy crash. Complex carbs refers to the molecular make up of foods like grains and legumes. They supply a slower, longer-burning energy.

Both simple and complex carbs are easy-access food that can be grabbed and eaten on the run and they tend to make up more than 50 percent of typical Western diets. Keto turns that formula on its head with carbohydrates strictly limited.

The majority of the Keto diet's nutrients come from fats and protein. So, it's easy for people following the diet to fall into the trap of eating too much red and processed meats like bacon. Even when followed correctly, it's difficult to continue getting clean, healthy fats from lean meats, poultry, dairy, cheeses, nuts, and seeds.

Because the diet is so restrictive, it's difficult to follow for long periods of time, especially while continuing to eat the foods on the healthier end of what's allowed. For vegetarians and vegans, the choices are even more limited, requiring mixing and matching of plant proteins to avoid nutritional deficiencies.

The Keto diet does lead to fast weight loss. Most people following it will lose weight faster than they might on other diets, including some of the similar low-carb diets. However, the faster weight loss slows over time, until weight is lost at the same rate as it is on those other diets.

When weight loss slows, it's harder for people to continue following a restrictive diet – we tend to need to see results from what we're doing, especially when

what we're doing is hard for us to do mentally or emotionally (and to some extent, physically).

The danger there is that some people may regain the weight they've lost with the diet, and more and more medical studies are showing that yo-yo dieting – consistently losing and regaining weight over a period of time – is extremely hard on the body and can lead to increased mortality.

For those people who can embrace the system and work to lose the weight, then keep that weight loss by permanently altering their food choices to healthy proteins and fats along with good choices of fruits and vegetables and healthy whole grain complex carbs and oils will have the best chance of keeping the weight off long term.

Summary

The Keto diet works by limiting the amount of carbohydrates consumed which limits the amount of glucose (sugar) stored in the blood, causing the body to go into ketosis, a fat-burning state where the body burns stored fat for energy.

Because the body is burning fat instead of sugar, most people experience rapid weight loss, especially at the beginning of the program.

Finding clean, healthy fats and proteins can be challenging for vegetarians and vegans, whose diets generally depend heavily on vegetables and grains.

The Keto diet is difficult to sustain because of the number of foods restricted. Those people who use it for the rapid weight loss, then sustain the weight loss by eating a healthy diet low in processed foods and high in clean, natural foods stand the best chance of keeping the weight off long term.

Chapter 2: Challenges and Hacks for Vegetarians and Vegans

Vegetarians and vegans who choose to follow the Keto diet to lose weight or for other health reasons may find challenges unique to their already restricted food choices. Simply by embracing vegetarianism, they're already following a restricted diet. Adding the Ketogenic diet to the mix further limits healthy food choices.

It's possible for vegetarians and vegans to follow healthy diets that include the

necessary nutrients without resorting to eating foods derived from animal sources, but it takes some creative food choices. Further restricting those choices with the Keto diet means looking harder for healthy choices to fuel the body.

Just like anyone else, it's possible for vegans and vegetarians to make unhealthy diet choices, to eat unhealthy foods and to deal with being overweight. Simple carbs and sugary fruits can fill up the body and provide short-term energy, but it's not a healthy program to stick with.

There are health benefits to following a vegan diet, including lowered risks for health conditions from heart disease, to type 2 diabetes, to high blood pressure. For vegans, some studies have shown a 78 percent reduction in risk of developing type 2 diabetes, a 75 percent reduction in risk of developing high blood pressure, and lowered risks of developing heart disease and some forms of cancer.

Those benefits are augmented by the Keto diet, which has a positive impact on controlling blood sugar levels. It helps reduce inflammation, which can help prevent heart disease. Of course, it can also aid in overall weight loss.

In addition, the vegan diet, on the whole, is typically made up of more healthy choices than the usual Western diet, and vegans are usually able to lose weight faster on the Keto plan than those who get a percentage of their nutrients from animal-based sources. A study that combined the results of 12 other studies found that vegans on average could lose five and a half pounds more over an 18-week test period than those people who followed non-vegetarian eating plans.

But because as much as 90 percent of a day's calories on Keto can come from fat, vegan and vegetarian lifestyles make following the program challenging. Because carbs are limited to a range of 20 to 50 percent of calories, depending on the particular Keto program being followed, a diet based in plant sources is hard to follow.

On a plant-based vegetarian or vegan diet it's hard to get adequate amounts of protein and iron, and to meet the micronutrient needs for vitamins and minerals, and for the essential amino acids, all nine of which come from animal proteins.

Chapter 3: Foods to Avoid on the Keto Diet

Like most diet systems, the Keto diet plan has a list of foods to avoid. In the case

of Keto, the foods on the prohibited list are those that contribute to weight gain, inhibit weight loss, interfere with ketosis, or are just plain unhealthy.

It's suggested that individuals following the Keto diet reduce or avoid:

Grains, cereals, all pasta, rice, white flour, baked goods, sugar, refined processed foods

All sweeteners including sugar, honey, agave, maple syrup

Sweetened drinks including sweet tea, soda, juice, sports drinks

Vegetables high in carbs/starch like peas, potatoes, yams, squash, beets

All legumes and beans

All fruit (sometimes exceptions can be made for limited amounts of berries)

Sweetened alcoholic drinks, wine, beer

In addition, it's suggested that, while on the Keto diet, you stay away from barbecue sauces and marinades because of the carbohydrates and sugars, and from sweetened salad dressings and highly processed foods.

Some of the criticisms of the Keto diet is that it can be high in saturated fats. Some of the foods that are allowed on the ketogenic eating plan are actually better left uneaten or at least eaten in limited amounts.

Mayonnaise, especially if made with vegetable oil, which can cause inflammation is an example of this. If cutting out mayo is just one thing too many to cut out of your diet, at least try to find may that has an avocado oil or olive oil base.

Store-bought salad dressings – same thing as mayonnaise. If you're not making your own salad dressings, at least try to find those that aren't overly sweetened and those that are based on one of the healthy oils like olive oil, avocado oil, or coconut oil.

Sugar is off the list for pretty much every diet. Sugar-free snacks and candies should be as well. Most are sweetened with chemicals that can cause a spike in

blood sugar just like guar does.

Nuts are definitely allowed on the Keto diet, but as Atkins warned, too many nuts and seeds can slow weight loss significantly. In addition, nuts are high in Omega 6 Fatty Acids.

Omega 6 Fatty Acids are a type of polyunsaturated fat that's found in vegetable oils, as well as in nuts and seeds. While a healthy balance of Omega 3 Fatty Acids and Omega 6 Fatty Acids is needed in the body, too much Omega 6 can cause inflammation.

What Inflammation is and why it's bad for the body

Inflammation means the body's white blood cells release chemicals into the blood stream or inflamed tissues to protect against harmful invaders. The increased blood flow to the area causes it to become warm and reddened.

When inflammation becomes chronic, it can exacerbate conditions like heart disease, diabetes and cancer.

Chapter 4: Best Vegetarian and Vegan Food Choices for Keto

Vegetarianism and veganism aren't one size fits all propositions. There are degrees of both, and the more permissive the eating plan, the better it will fit with the Keto diet. The more options vegans and vegetarians have for including sources of proteins and fats, the easier it will be to design an eating plan that will allow for rapid weight loss and the other potential health benefits of Keto. There are also risks of deficiencies in essential fats, vitamins and minerals.

Vegetarians often fall into one of the following categories:

Those vegetarians (sometimes called pescatarians) who eat fish and seafood, dairy and eggs, but avoid poultry and meat. They're sometimes considered semi-vegetarians and are the least at risk for experiencing nutritional deficiencies.

Lacto-ovo vegetarians – don't eat fish or seafood, poultry or meat, but will include eggs and dairy in their diet.

Lacto vegetarians – include dairy products in their diet, but avoid eggs, fish, seafood, poultry, and meat.

Vegans tend to follow much stricter guidelines, avoiding all sources of animal-based food, to the extent of sometimes not even eating honey.

Anyone who chooses to change their eating habits over to the Keto plan can potentially face deficiencies in certain nutrients found in the foods they used to eat and are now restricting.

Building Blocks

Amino acids are the building blocks of the body, the proteins that are essential to our survival. Animal source protein is the source of all essential amino acids. Vegetables and fruits only contain a percentage of those proteins.

An essential nutrient is one that has to be added by diet because it doesn't occur naturally in the body. Of course food is the most basic building block of all, providing the fuel that energizes the body and runs the systems.

Because vegetarian diets are usually high in carbohydrates, with calories coming from vegetables and fruits, restricting carbs the way Keto does is difficult. One choice for vegetarians to follow instead of Keto is the Eco-Atkins diet, which is a low-carb plant-based eating system with fewer carbohydrates than the ordinary and typical Western diet. However, this system is not considered ketogenic for two reasons: one, it allows followers to eat grains, and two, it allows for 60 grams of net carbs per day, neither of which fit with the Keto plans.

Vegetarians looking to follow a Keto plan might start with three top goals.

Eat a healthy, high-quality protein at every meal. Only animal proteins combine all the essential amino acids needed in a human diet. Try combining plant proteins that are low-carb with fatty proteins like nuts and seeds with dairy and eggs, if those are permitted on the vegetarian program being followed.

Keep carbs to the ketogenic levels, generally considered by different Keto plans to be between 20 grams and 50 grams per day. Keep in mind that net carbs is the total grams of carbohydrates in a diet minus grams of fiber. So, a food that has 20 grams of carbs and 10 grams of fiber has a net carbohydrate of 10 grams.

Avoid starchy carbs and grains, milk and low-fat dairy, and all fruit other than berries.

Top protein choices

Most people need approximately 60 to 100 grams of protein every day, depending on their weight, body composition, activity levels, and age. Because protein can be hard for vegetarians to get in their diet without being on the Keto diet, mixing and matching available protein sources to get the most bang for the protein buck is the best way to go. The more permissive the vegetarian system – the more animal products like dairy and eggs and sometimes fish it allows – the easier it is to add protein to the diet, and the easier it is to do Keto.

Following are the best choices for protein sources that aren't from meat, poultry or seafood.

Eggs

Eggs are a nearly complete food, nutritionally speaking. A serving of two eggs has 14 grams of protein and only 1 gram of carbohydrate.

Greek yogurt

One 6-ounce serving offers up 15 to 20 grams of protein as well as calcium, potassium, magnesium and only 5 to 7 grams of carbs.

Cheese

Eating dairy opens up a variety of sources for high-quality protein.

Hard and semi-hard cheeses like cheddar, parmesan, provolone, and gouda have 7 to 8 grams of protein per ounce with only ½ to 1 gram of carbohydrates. They're also rich in fat; generally the grams of fat are about the same as the grams of protein.

Soft cheeses like brie, feta, camembert, and blue cheeses have 4 to 6 grams of protein per ounce and zero to 1 gram of carbohydrates. Cottage cheese is higher in carbohydrates – 6 grams at 6 ounces – but also has 20 grams of protein.

Seeds

Hemp seeds in particular are high in protein and also provide a dose of Omega 3 Fatty Acids, magnesium, and potassium. One ounce delivers 9 grams of protein

and 1 gram of net carbs.

Peanut butter and nut butters

Peanut butter and other nut butters have 7 grams of protein in a 2-tablespoon serving, but also have 4 net grams of carbohydrate.

Whey protein powders and bars

Whey protein is a leftover from milk being made into cheese. It's an excellent source of protein and various commercial whey powders on the market can be bought in bulk bags and are economical. The powder is mixed into protein shakes and can be combined with low-carb fruits like berries. A whey protein shake can offer upwards of 20 grams of protein per shake or more, and is a simple, fast meal on the run. Whey can usually be tolerated even by people with lactose intolerance.

Currently there's concern over soy. In the past soy has been touted as an excellent source of plant-based protein with benefits for women in menopause, today there's concern that it may cause breast cancer, problems with the thyroid, and possibly dementia. In addition, soy can be difficult to digest and cause stomach pain and distress. No definitive studies have tied soy to those health concerns, but it's worth noting that they're out there and limiting the amount of soy in diet.

Vegetables do offer small amounts of protein, but it's no more than about 2 ounces per cup and vegetables are restricted on the Keto diet.

Nutritional deficiencies

Vegetarians and vegans are already at higher risk of nutritional deficiencies in their diets because of the restriction of meat, poultry, and seafood. Going on the Keto diet further complicates things by limiting the consumption of legumes and grains and most vegetables and fruits.

Legumes are the fruits or seeds of specific plants and include chickpeas, peas, kidney beans, black beans, pinto beans, navy beans, lentils, and peanuts.

Beans and other legumes are go-to foods for vegetarians and vegans alike. They offer high-quality protein and peanuts offer saturated fats.

However, they also have too many carbs to be considered part of a Keto diet. Because vegetarians get a number of micronutrients from grains and legumes, and because those are limited on Keto, there's a need to mix and match leafy green and other acceptable Keto vegetables with protein sources, allowed fruits, nuts and seeds. This way, you can make up a diet with both Keto fat-burning properties and complete nutrients.

These are some of the best sources for mixing and matching protein and fat sources to get the most complete nutrients possible:

Vegetables

Artichokes

Broccoli

Brussels sprouts

Kale

Mushrooms

Spinach

Zucchini

Cauliflower

Dairy

Plain Greek yogurt

Hard cheeses like cheddar, parmesan

Semi-hard cheeses like gouda

Fruits

Avocados

Olives

Nuts and seeds

Almonds

Chia seeds

Flax seeds

Hemp seeds

Pumpkin seeds

Walnuts

Other sources

Unsweetened dark chocolate, 100 percent cocoa

Swiss cheese

The top five vegetable choices for Keto are spinach, zucchini, avocado, Brussels sprouts and cauliflower.

Because fats make up such a huge percentage of the calories in the Keto diet, you need to find the healthiest fats possible. When cooking with fat, avoid vegetable and seed oils like safflower, sesame, canola, and corn. These are all highly processed and can lead to inflammation.

Look instead to grass-fed butter, ghee, coconut oil, olive oil, and avocado oil.

Other nutrients a healthy diet requires are Omega3 Fatty Acids, best found in fatty fish or eggs. One way to get Omega3 Fatty Acids (also known as Polyunsaturated Fatty Acids, or PUFAs) is to eat eggs and dairy from chickens and cows that have been fed specific diets. With chickens, it's a diet rich in Omega3 Fatty Acids and for dairy it's animals that have been grass fed. The benefit is that the animals convert short-chain Omega3s to long-chain form. Then, you get the benefit of the long chain Omega3 Fatty Acids, which help prevent inflammation, a major cause of heart disease.

Other sources of Omega3 Fatty Acids are chia seeds, hemp seeds, walnuts, and

ground flax seeds. An ounce of the first three and a tablespoon of the last provides a number of nutrients.

Some healthy choices for unsaturated fats that still adhere to Keto guidelines include

Almonds

Walnuts

Seeds

Avocados

Tofu

Olive oil

Less healthy choices include saturated fats, but are allowed on Keto because of their fat content:

Palm oil

Coconut oil

Butter

Cocoa butter

Another challenge for vegetarians and vegans is getting enough iron in their diets. Iron is best absorbed from animal food sources and is necessary in the body to produce new blood cells and assist in delivering oxygen through the body. Since the best sources of iron in diet are meat and seafood, there's a risk of being deficient. In addition, plant sourced iron doesn't absorb well.

The good news is vegans and vegetarians can use Keto-allowable foods that are also rich in Vitamin C and will aid in the absorption of plant-based iron. Those foods include:

Bell peppers

Broccoli

Brussels sprouts

Cabbage

Cauliflower

Leafy greens

The best sources of iron include:

Cooked spinach

Hearts of palm

Olives

Pumpkin seeds

Sesame seeds

Unsweetened chocolate (100 percent cocoa)

For beefing up calcium and vitamins that may be deficient in a Keto diet that's vegetarian or vegan, add:

Broccoli

Cheese

Greek yogurt

Kale

Sesame seeds

Spinach

Other nutrients that may be hard to meet the needs for include Vitamin B12, Vitamin D, zinc, magnesium and potassium.

Some of the best sources for protein on a vegetarian or vegan Keto diet are:

Seitan – made from gluten, which is a protein, seitan looks and cooks like meat

Tofu, tempeh, edamame – all soybean derivatives and high in protein

Lentils contain 18 grams of protein per cup and are high in fiber and slow for absorption of carbohydrates.

Chickpeas and most beans (chickpeas are garbanzo beans) have about 15 grams of protein per cooked cup and are excellent sources of iron for vegetarians. Beans can also help decrease cholesterol, control blood sugar levels, and lower blood pressure.

Nutritional yeast can be eaten, unlike baking yeast that dissolves in liquid to leaven baked goods. It has a cheese like taste and can be sprinkled on foods, providing 14 grams protein and 7 grams fiber per ounce. If fortified, it also provides micronutrients including zinc, magnesium, copper, and all the B vitamins.

Nuts and seeds both offer protein.

Another excellent protein source for vegetarians is spirulina (blue and green algae). It's actually one of the few sources of long-chain Omega 3 Fatty Acids for vegetarians.

Other nutrient deficiencies possible include selenium, magnesium, phosphorus, Vitamin B and Vitamin C.

Chapter 5: Your Best Life on the Keto diet

Following the Keto diet can make a tremendous difference in your life. The diet has been proven to help those who follow it drop significant body weight in just a short amount of time.

However, the diet is not without risks. Simply by eating a diet that takes up to 90 percent of its calories from fat means that those people following the diet are eating fat at every meal, which means the diet is apt to be high in saturated fat. By trying to eat from fat sources that are unsaturated, the diet becomes even more limited in the foods available, and therefore harder to follow.

Some studies have shown that the Keto diet, because of its reliance on fat, has been linked to higher levels of LDL cholesterol. This is the cholesterol that's unhealthy and can lead to heart disease. Although, as stated earlier, the long-term effects of the diet on cholesterol levels is unknown.

By burning fat as the body's fuel source instead of sugar, the kidneys are forced to metabolize protein and the liver to metabolize the fat, which could put a strain on those organs, especially if there are any existing problems.

Nutritional deficiencies are also a risk, since the diet limits vegetables to a handful of leafy greens, and fruits to a few berries. Without eating a wide range of vegetables, you could find yourself lacking the necessary amounts of micronutrients you need to get through your diet, including vitamin B, vitamin C, potassium, magnesium and phosphorus.

Also, as bodybuilders can attest, a truly low-carb diet can lead to mood swings and “low-carb rages.” Furthermore, at times, it can cause confused thinking, because the brain, like other organs in the body, prefers sugar to feed on.

For vegetarians and vegans who rely on vegetables and starchy carbs to make up most of their diet, the Keto diet is restrictive and hard to follow.

The benefits

Simply put, Keto works. The diet can trigger fast weight loss, which may slow to the same rate as other diets, but that's after a significant head start. Medical science used to insist that only slow and steady weight loss was sustainable, but it seems to be only scratching the surface when it comes to the metabolic processes behind obesity and weight loss. Investigations into the hormones that are involved in fat storage and fat loss showed the following:

Leptin is a hormone, a protein created by the body. It's made partially by the adipose tissue or fat cells. These work to regulate or balance energy in the body by sending messages to the brain and by inhibiting hunger. However, some studies suggest that for those people who find themselves always hungry, decreased levels of leptin might be the culprit. On the other hand, there's no concrete proof that leptin supplements will make dieting easier. One of the suggestions to beat leptin resistance and allow the body to utilize the hormone to control hunger is to keep fruits as well as vegetables forefront in the diet – which flies in the face of the principles of Keto.

The Keto diet may work simply because by restricting the body's first choice for fuel to burn – sugar – and supplying its second choice – fat, the body burns stored fat and loses weight.

Originally the diet was developed to help control seizures in epileptic children, whose seizures were not controlled by medications. There are other medical conditions that may show improvement on the Keto diet.

In a study working with obese children and teens, those who followed a low-calorie, healthy diet, lost significantly less weight than those following a Keto diet.

The Keto diet has been shown in some studies to raise levels of adiponectin, which can lead to regulating levels of sugar in the blood and to regulate fat metabolism.

Higher levels of adiponectin in the blood have also been shown to lower the risk of heart disease and risk factors for heart disease like too much of the wrong cholesterol (LDL), high blood pressure, and inflammation, which can also lead to heart disease.

According to Harvard Medical School publications, there's solid evidence that a ketogenic diet can be as effective in controlling seizures in children with epilepsy. Because of the implication, then, that ketosis protects nerve cells against damage and degeneration, there's a potential health impact from ketosis for Alzheimer's, Parkinson's and brain injury, as well, but to date there have been no human studies.

Following the Keto diet has also been shown to have a favorable impact on conditions such as Polycystic Ovary Syndrome.

Other studies have shown that following a ketogenic diet can boost immunity and energy levels, reduce cravings for sugary foods and carbohydrates, and control blood pressure.

The Keto diet is said to provide greater mental clarity and clear up skin problems like acne.

The Keto diet can also help prevent type 2 diabetes. Obesity and diabetes are two of the top health problems plaguing our population. They actually go hand

in hand. With type 2 diabetes, blood sugar levels are out of control insulin, which regulates how the body absorbs sugar and uses it as fuel, also steps in and helps the body in the storage of body fat.

But when insulin resistance happens, when insulin can't deal with blood sugar the way it needs to, that can lead to elevated levels of blood sugar. Insulin's directives of how to utilize the sugar don't get through, and the cells don't perform the way they should. In response, the body makes more insulin, and starts the process all over again. This leads to weight gain, and the more body fat you have, the better your chances of developing diabetes.

By changing the principal energy source for the body from sugar to fat, your body can rewrite this narrative and burn fat stores for energy. The result is a leaner body and reduced chance of developing diabetes.

Feeling worse rather than better?

It's not that unusual to feel bad when you're substituting fueling your body with sugar for fueling your body with its fat stores. There is such a thing as the Keto Flu and making changes like that to your diet can cause it.

Stay hydrated while you fight off confusion and fuzzy thinking, headache, chills, sore throat, sore muscles, dizziness, insomnia, and stomach issues. Like the real flu, Keto flu can last from a couple days to a couple months, but it will pass.

Keto Flu is a possible result of making what will ultimately be a healthy change for your body. Stick with it. It's worth it.

Chapter 6: Making Keto Work for You

The Keto diet is known for its rapid weight loss, especially at the beginning of the diet. But, like almost every other diet plan, weight loss on the Keto diet will slow after a while. Most of the time, it slows to the speed of most other diet plans, which could mean that you're still losing one half to one pound a week, depending on how much you had to lose to begin with. That's not a bad rate of weight loss at all, but it can be disheartening after the rapid losses at the beginning.

Most of the time, when the weight loss slows on a diet, it means the dieter has hit a plateau. This is where the body has become accustomed to whatever dietary

changes were made, so it isn't reacting to those changes anymore.

But sometimes, the weight loss slows or stops because something has changed. Maybe, without realizing it, you're eating bigger portions, or those "One little bite can't hurt" slips have become more common. If you're still getting enough fiber, still following your plan and you've counted your carbs, but you're still not losing weight or not losing as much weight, it's time to ask if the plan you're following is still the right one.

Or maybe you've fallen prey to "Dirty Keto."

For every eating plan and every good intention, there's a workaround. My friend in college was ostensibly doing Weight Watchers when she got hungry one afternoon and looked around her kitchen, announced she hadn't had her grains for the day, and upended a half bag's worth of tortilla chips into a bowl.

That's not what "grains" meant.

Dirty Keto is a thing that's starting to trend, just like the Keto diet itself. The idea is to have your cake and eat it too – literally. Dirty Keto means keeping the same percentages from the food groups you're eating – 75 to 90 percent of your calories from fat, protein second, and carbohydrates a distant third – but not sticking to clean, healthy foods for the source of those calories. A fast food burger might be counted for the protein (and fat!) and pizza's cheese and meat toppings for the fat.

One of the problems with this system is that the foods that are bad for you when you're not eating Keto, are still bad for you even if they have the right make up. The fat is fat. Because foods like bacon and cheese are full of saturated fats, which remain a health threat, this type of eating can actually lead to conditions like heart disease. Saturated fats also cause inflammation, which can lead right down the same road to heart disease.

You'll probably still lose weight if you follow Dirty Keto – people have subverted for years Atkins by ordering a cheeseburger (hold the bun, please) – but it's not healthy. What's the point of losing all the weight if you're not healthy enough afterwards to enjoy it?

Everyone slips in their diet once or twice. On most diets, it's barely a ripple. But to eat "Dirty Keto" consistently poses a health risk. It makes for getting skinny at

too great a cost.

Another problem of going Dirty Keto is an overdependence on tasty but nutrition-free foods. From fast foods to convenient foods to nitrate-cured bacon to cheese crisps with their saturated fats and a lack of leafy greens or steak or eggs, it's the way to go for taste, but not for nutrition. You're missing out on your micronutrients like vitamins and minerals, and you're setting your taste buds and yourself up to fail when the next thing you want isn't even Dirty Keto but just plain carbs. Like cake. Or a non-sugar-free soda. (Or grains in the form of tortilla chips.)

With all the saturated fats, you're also running the risk of inflammation, dehydration from substituting soda for water and from the amount of sodium in fast food and packaged foods.

Everyone has days when eating healthy feels like the last straw – there's just not enough time to cook. And once in a while a Dirty Keto day won't derail the whole thing or cause every one of your cravings to rebound on you. But if Dirty Keto has replaced your plain old Keto, take a look at what you're trying to accomplish and maybe find an alternative. Examples are cooking twice what you need for a healthy meal and freezing the second portion for one of those days when you're too rushed to think of cooking. You can also stock up on fast, easy to eat Keto foods. Planning ahead makes a huge difference when struggling to eat right in today's fast-paced world.

Intermittent Fasting

Even if your keto diet is going well, you can still take it to the next level. All by itself, the system is very effective as a weight loss tool. But there are ways to make that fat burning engine rev higher. One of those is by pairing the plan with intermittent fasting.

One of the nice things about fasting is that it has history. People have been fasting for religious reasons, political reasons, personal reasons, and weight loss reasons for much of recorded history. It doesn't cost anything to fast – just keep hydrated by drinking water, pick a time to start fasting and a time to stop, and there's, quite literally, nothing to it.

Fasting can accelerate weight loss all on its own. Combine it with a metabolism that's already burning fat and you've got a recipe for weight loss success.

Fasting does more than help you lose weight. It functions as a cleanse, giving you time to clean out whatever dietary missteps you've taken. It allows human growth hormone to increase over the period of time you're fasting, which can lead to increased muscle mass (provided you're working out with some weight-bearing exercise) and it's been medically proven that the more muscle you have, the more fat you can burn.

Fasting can increase the proteins in the brain that aid the function of memory, even with the symptoms of aging.

There doesn't seem to be anything to lose by fasting, except weight. Healthy hormones increase during fasting periods and with their increase comes an increase in the healthy bodily functioning. Intermittent fasting can even decrease inflammation and help the body remain healthier while aging.

The reason intermittent fasting works so well with the keto diet is that it prevents the kind of blood sugar spikes that occur if you break your fast by feasting on carbohydrates, and/or come off a carb-rich diet to fast in the first place. By dropping an intermittent fast into an already fat-burning metabolic process, you increase your weight-burning abilities.

A carb-rich diet also means there's more sugar stored for energy, which will be burned through more quickly during a fast. Get too hungry during that fasting period or when you come off of it, and you can blow a whole day's worth of weight loss by overeating and cramming carbs.

Intermittent fasting your way

Intermittent fasting doesn't have to be one size fits all. Aside from the 24-hour all or nothing fasts, there are other variations on the theme.

One option is to consign all your eating – all your meals – to a single, limited window. Say, six hours during the day. That doesn't mean you have to have breakfast, lunch, and dinner if you don't want them all. Maybe one meal will be enough, or maybe two. And once that window closes, you've got a ready-made 18-hour fast.

Another option is to fast every other day, using non-fasting days to build up your reserves of energy by feasting. While you need to eat enough to fuel those fasting days, you still need to avoid binging and going crazy on carbs.

Tricks and Tips for getting the most out of your Keto diet

It's probably not anyone's favorite thing to do, but grab a notepad, white board, journal, or your phone and start tracking your carbs and an estimate of your fats and proteins. Most of us eat more during the day than we're aware, and it's harder to slip up with the "Just this once probably won't matter" extra carb if you know you're going to record it.

This isn't anything new, but when you start your diet, throw out, give away, take to work, or do something with all the unhealthy foods in your house. Willpower's great, but it's not always enough to overcome the allure of your favorite treat. If you're living with others who aren't supportive or who are continuing to eat the things you used to eat, you'll need to find some kind of coping mechanism, from rewarding yourself at the end of the week for every temptation passed up to allowing yourself one cheat treat a week (and keeping it to one).

Keep your fridge stocked with what you can eat. There's nothing worse than being virtuous and sticking to your Keto diet only to discover when you're hungry right now that there's nothing in the house. That way leads to diet disaster.

While on the Keto diet it's a better plan to stick to healthy fats and oils, if you have to snack, nuts and seeds are full of fat and protein and avoid the carbs.

If you're missing fruit, or need a snack, coconut, berries and low-carb (low glycemic index) fruits and even olives and lemons are an option. Just don't go crazy with the portions.

Just because avocados, kale, spinach, broccoli, and cauliflower are part of your meal times doesn't mean they can't tide you over between meals.

Get creative – hardboiled eggs, chopped olives, salt, pepper, and some healthy oil-based mayo or sugarless mustard (whichever you prefer) is a fast and easy almost-egg salad. Basil, parsley, parmesan, salt, and olive oil can blend into an almost-pesto you can dip more parmesan into or throw in some cut-up cherry tomatoes. If you like garlic and/or walnuts, those can blend right up with it.

Take a five-minute walk. If you're at a desk job in your office, take a five-minute walk around the bathroom if that's the only way to avoid the boss. A good percentage of the time the need to snack is predicated on boredom.

Addressing health concerns about the keto diet

Not every health risk associated with the keto diet is legitimate. The diet has been targeted as being hard on the kidneys, or even causing kidney stones. Some people believe the release of ketones into the bloodstream during ketosis can make kidney stones worse.

The concern is that since the kidneys take on the role of metabolizing protein, that a high-fat and high-protein diet that requires the kidneys to process excess nutrients (minerals and sodium) would be too taxing. Medical studies have shown that for people with normal kidney function whether or not the person is overweight, there is no deleterious effect on the kidneys or on kidney function.

Human bodies are designed to process sugars, fats and proteins and need all of them in some amount to function. Fats are a desirable energy source, long burning to supply energy for longer periods of time than the quick fix hit of carbohydrates. Eating a high-fat or high-protein diet will not harm healthy kidneys.

For diabetics who may have damaged kidney function from diabetic nephropathy, in which the kidneys lose the ability to properly filter blood, the improved blood sugar levels attained through ketosis can actually improve kidney function. Improving kidney function can lower the risk of heart disease.

Concerned about the amount of fat consumed in the keto diet? Studies have shown that eating too many carbs can cause the release of LDL, the unhealthy, "bad" type of cholesterol. Low-carb diets reduce LDL.

Is Keto Sustainable?

Just as the keto diet is more accessible to vegetarians who include eggs and dairy in their diets than to vegans who avoid all animal-based foods, sustainability runs along the same spectrum. From a purely “What's to eat?” point of view, keto is a hard diet to follow long-term.

The limits imposed by the diet go a long way to explaining the allure of "Dirty Keto" and eating a convenience food, packaged food, pizza-based technically keto diet and other workarounds humans automatically look for when considering a high-fat, low-carb diet. We live in a world where we're constantly barraged with advertisements for foods that are scientifically engineered to look,

smell, and taste great, regardless of their nutritional value. With so much variety and so many offerings, it takes work to remain committed to a program of eating that limits choices amongst all the limitless choices.

On the one hand, vegetarians and vegans are already accustomed to living a more disciplined life in terms of what they can and can't include in food choices. On the other hand, it makes it harder to follow a diet plan that further limits those choices.

In terms of the keto diet being sustainable emotionally or simply in terms of willpower, that's up to you. It depends on how much the positives – fast weight loss, improved health – outweigh the perceived negatives – restricted diet with limited choices, a constant focus on food and what's available to eat – and the actual negatives —possible nutritional deficiencies and belief that the keto diet can cause harmful health problems.

The steps that make the keto diet work in a healthy way for vegetarians and vegans in the first place go a long way to making it sustainable and healthy:

Limit the amount of carbs in daily diet

Choose the most nutrient rich carbs available and those from allowable vegetables

Limit or avoid the usual vegetarian sources of protein such as complex grains (quinoa, buckwheat), beans and peas and lentils, and pulses, because they're too high in carbs

Find protein sources that can be eaten at every meal, especially challenging for vegans who don't have the option of eggs or dairy

Look to hemp seeds and nuts which can provide protein, Omega3 Fatty Acids and lower net carbs

Include several servings of keto diet-allowed vegetables that are low-carb.

Following the keto diet for the long term as a vegetarian or vegan is challenging. There are numerous cookbooks, blogs, and websites devoted to the keto diet and recipes for vegetarian lifestyles.

While it's a better health choice to get the majority of your protein from whole food choices, there are a variety of high-protein, low-carb protein powders out there. If you're avoiding whey because it's animal-based, there are organic rice or hemp protein powders as well as plant-based protein powders.

Just as pre-packaged convenience foods are often too high in carbs, sodium, and unhealthy fats, meat substitutes can be too high in carbs to be a good match with the keto diet. Read labels. Know what you're eating.

The keto diet is a great choice for fast weight loss and for reducing risks of health-related issues like inflammation, type 2 diabetes, obesity, Alzheimer's, and some types of cancer.

The limited nature of the diet makes it challenging for everyone. Adding the limitations imposed by following a vegetarian diet makes it more so.

Eating a vegetarian or vegan diet is considered a healthy choice to begin with. Limiting high-carb food choices and eating healthy fats and oils makes it even better.

Conclusion

In the end, the Keto diet can help you drop significant weight in a short period of time. It isn't completely dissimilar to high-protein, low-carb diets. The diet is restrictive and difficult to maintain long-term, but it's not medically unhealthy. And while sustaining the diet may be more challenging for vegetarians and vegans, there are food choices that can be made to adapt keto to the needs of a plant-based eating system, and health improvements that made doing so worthwhile.

Because the weight-loss on Keto relies on metabolic processes, it might be a good idea to go slow when experimenting and consider checking with your doctor before starting.

All the best for your Vegetarian Keto Diet! We've come to the end of this book and truly hope that we've not wasted the most valuable thing in your life which is... your TIME . Cheers!

Bonus (Highly Recommended)

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